

MOVE!

The Basics of Weight Control



A person's weight is controlled by a number of things, including heredity, how the person's body processes food and stores fat, what and how much the person eats, and how much physical activity the person does. In every case, however, **when more energy (food!) is eaten than is burned off, a person gains weight. In order to lose weight, a person must take in fewer calories than are burned off.**

Losing weight to look good is fine, but isn't the most important reason. **The most important reason to control your weight is for your health!!** So, what to do?

Eat fewer calories!

Easier said than done. But, if you pay attention to what you are eating and drinking, it's really not too hard to decrease your food intake by about 500 calories a day. That should have you losing about 1 Lb. each week, which is a healthier and more permanent way to lose weight than trying to lose it more quickly. And keeping the weight off is what it is all about!! Just follow the suggestions in your materials about filling up on more fruits and vegetables and eating less heavy and sugary food. Just 500 calories less each day will do the trick! And eating slightly differently will become a new habit.

Move more!

Physical activity burns calories. Regular exercise helps us do that, so you will need to begin working that into your life. It is also one of the main things that helps keep weight off! But besides that, just everyday movement helps. Things like walking a little extra distance to the car, taking the stairs, and so on. Look for opportunities to move!

Change some of your eating and other behavior patterns!

Old habits just keep you doing the same old thing, so something has got to change. And it can! Over time, you will work your way into some new habits to replace the old ones. However, don't try to change too much at once. See the information in your materials about "Change Your Behavior" and "Change Your Thinking".